

Rebound with Burdock Root

By Windy Skeete

“He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth.” Psalm 104:14

Burdock Root (*Arctium lappa*) is a wonderful herb that is used as both food and medicine. It supplies you with superb nutrition, rejuvenation, and immune strength. Historically, burdock has been used as a food in Europe and Asia. In health food stores and specialty markets it may be called gobo. The dark outer layer of the root can be removed and the inner crisp white portion can be shredded or chopped and cooked in soup or added to stir fry. The root has a mild, sweet taste when eaten fresh. It has a taproot that extends over three feet down, drawing up an incredible amount of nutrients from the mineral-rich earth. It is high in iron, magnesium, silicon, chromium, thiamine (B1), vitamin A, zinc, potassium, phosphorus, cobalt, dietary fiber, and inulin (a substance that helps stabilize blood sugar levels). The young leaves can be harvested and cooked and eaten like spinach. The stalk has a taste resembling asparagus, and can be cooked in water after peeling the outer rind.



Burdock root is a biennial – a plant with a two-year life cycle. The root should be harvested in the fall of the first year, or the spring of the second year before the medicinal properties (that are concentrated in the root) are shifted from the root into producing its small, purple, thistle flowers and prickly burr seed-capsules.

Medicinal Properties: Burdock is primarily used for its alterative properties which cleanse the blood and tissues. This is where burdock really scores. It has an astonishing effect in causing the body's tissues to shed any accumulated toxins they might contain, by stimulating the natural flow of lymphatic fluid and the organs of elimination and pushing toxins from the cells. All the other properties of burdock seem to be subjected to this function. The root contains alterative, diaphoretic, diuretic, and demulcent properties. The seeds contain alterative and diuretic properties, and the leaves contain tonic properties. In contrast to other

cleansing remedies, burdock seems to be a “pushing” rather than a “pulling” blood cleanser. Of all the blood cleansers I have used, burdock is at the top of my list for thoroughness and effectiveness. Very much like its root, it seems to penetrate deep into the body to clear out toxins and alleviate chronic disorders. I have often experienced a sense of well-being after using it for a short period of time.

Common Uses: Besides being a great blood purifier, it is commonly used both internally and externally for chronic skin conditions such as eczema, psoriasis, boils, and sties. It is beneficial for any chronic inflammatory states, joint disease, arthritis, sciatica, gout and urinary calculi. It aids in the digestion of fats. It is used to help normalize the female menstrual cycle. It promotes healthy skin and hair which is a reflection of our inner health. Burdock's high fiber content binds and removes heavy metals and chemicals.

Dosage: The actual dose of burdock used will depend on the individual case. In those of reasonable health, or with a localized problem, the standard dose is one cup of tea three times per day, and it can even be increased beyond this. It is a powerful detoxifier so in some individuals that are especially toxic take a gentle approach. If the individual has been ill or under the weather for some time, is very weak, or has been exposed unduly to external noxious influences, the initial dose should be half of the normal or less, slowly working up to a full dose over a period of three to four days to a week or longer.

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